



REGIMEN  
SANTATIS

1597

G O E U R O T

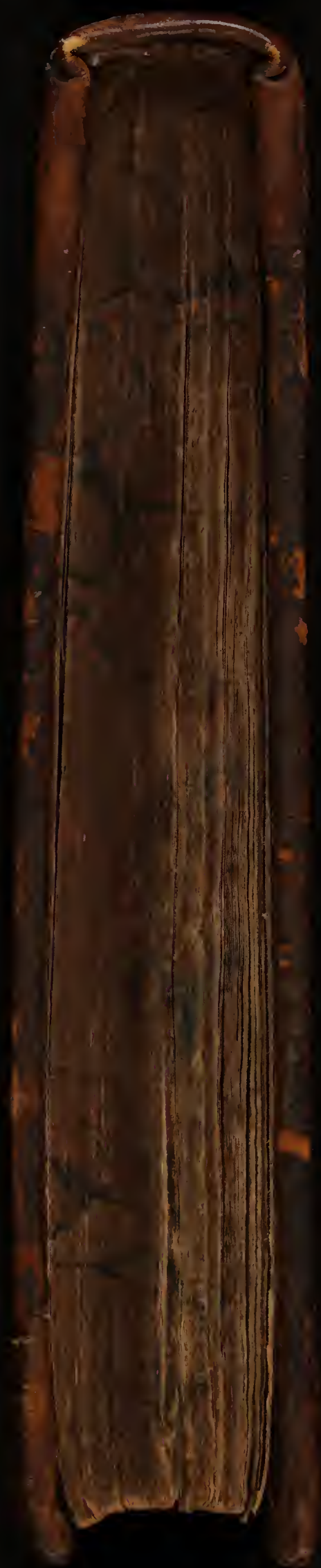
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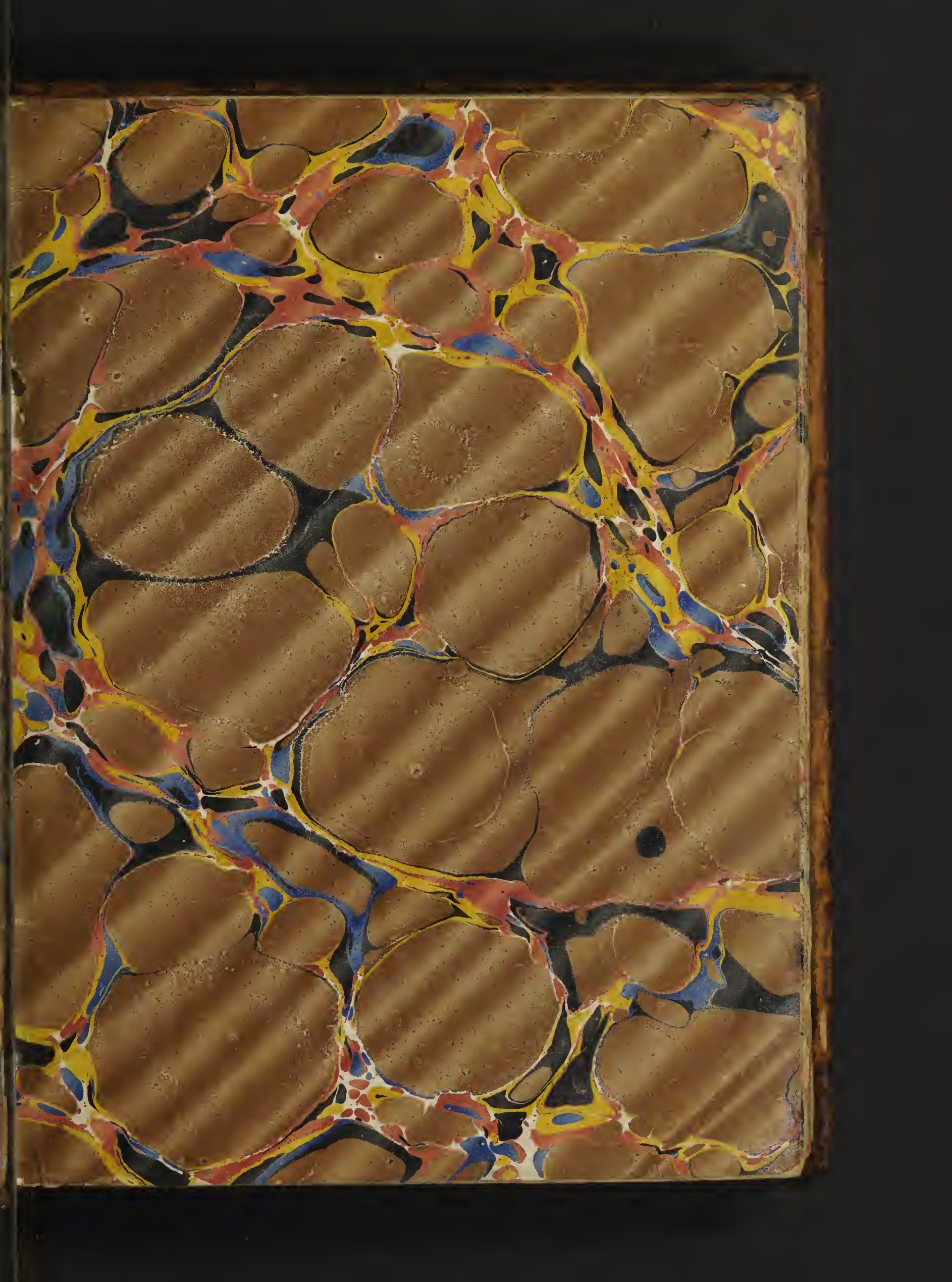














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Page 111

12  
S.S.



*AN*  
HOSPITALL

*for the Diseased.*

Wherein are to be found most excellent and approoued Medicines, as well emplaisters of speciall vertue, as also notable Potions or Drinks, and other comfortable receipts, both for the restitution and preservation of bodily health.

Very necessary for this time of common Plague and mortalitie, and for other times, when occasion shall serue.

*Newly augmented and enlarged.*

Gathered by T. C.

Ecclesiasticus. 38. 4.

The Lord hath created medicines of the earth, and he that is wise will not abhorre it.

AT LONDON.

Printed by Iames Roberts for Edward White,  
dwelling at the little North-doore of Paules  
Church, at the signe of the Gun.

1595.



# MANUSCRIPT

1800  
The following is a list of the  
manuscripts in the collection  
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which are  
now in the  
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¶ To all such Readers, as haue care of  
*theyr bodily health.*

**H**OW prouident a parrone and bountifull a Father, the Lorde God of life is, vnto vs vnthankfull and rebellious Children, his manifold benefits doo testifie: yea the continuance of his kindnesse is heerein principally declared. For, whereas our owne naturall corruption woorketh daylie in vs the banishment out of his fauour, and the danger of reprobation: he notwithstanding in consideration of our weaknesse, withdraweth not his compassion from vs, but in all our necessities, reaching out his helping hand vnto vs, is most readie (as he is alwayes able) to plucke vs out of the pitte of perdition, whereinto the haynousnesse of our transgressions (as it were with a Cable) haleth vs perforce. O gracious God, how shall sinners worthily aduance the excellencie of thy loue? Who shall giue them an heart to conceiue thy kindnesse? Whence shall they haue vnderstanding to sound out thy mercie? Of themselues (because they are vessels of wrath) they cannot compasse so perfect a woork. Thou therefore which art the perpetuall spring of all goodnes, giue it them: O giue it them, and they shall haue it: yea, and in the hauing of it, they shall magnifie thy name, extoll thy power, and maruaile at thy mercie. Where is one, among thousand thousandes, that looking vpon the Heauens most gloriously beautified, vpon the Earth most plenteouslie enriched, vpon the frame of his owne bodie, most Angellicallie created: but shall of compulsion acknowledge the omnipotencie of God, and confesse the vnmeasurable greatnes of his goodnes, and loue toward man? The Heauen, to mainetayne life and light. The Earth to succour and sustayne nature: all creatures, lyuing in Land or Water, to supplie his wants: nothing to be reckoned and named, which he hath not most liberallie giuen vnto Man, as appointing him Lord and Soueraigne, but them his vassalles seruants. Against hunger, least thou shouldest famish, he hath provided nourishment: Against thirst, least thou shouldest perrish, hee hath ordayned sauorie liquors: Against colde, least thou shouldest dye in thy nakednesse, hee hath giuen thee cloathing. And what hath he doone beside? Hath he not had speciall regarde to thy condition and estate? I meane to the health of thy body, and the safetie of thy soule? Yes, yes, and that is evidently prooued by the manifold remedies, which he hath prepared to restore thee to soundnesse of Limme and life, and by the free course of the pearle of his Gospell, which is the Jewell of all Christian ioye. In consideration of these so many good graces of God, what



## To the Reader.

dooth Christian ductie require? (I speake to all, vnto whose view and censure this preface shall bee presented) Let them take the sweete sacrifice of thankfulnessse, and burne the same vpon the Altar of an humble heart, that the redolent and perfumed incense of the same ascending vp into Heauen, may smell sweete in his Nofethrilles, whose speciall delight is in such a burnt offering and Oblation. Thus much haue I saide by way of aduertisement, vpon occasion of this present Booke, whose benefites as they are diuers, so are they singular and in them all is Gods goodnesse highlie commended. Note of my wordes, and then iudge of the value and woorthinesse of the Booke. Art thou diseased in thy Heade? Art thou greued in thy heart? Art thou payned with Ache? Art thou tormented with a Feuer? Art thou wounded? Art thou troubled with any irkesome sore? Doth thy sight faile? Doth thy hearing waxe weake? Dooth thy youth weare away? Dooth age creepe on a pace? Finallie, doost thou feele thy selfe infected with the poyson of the Plague and Pestilence? Then delaye no time, but with a small price buye a gemme woorth Golde, (this Booke I meane,) which though it be litlle in quantitie, yet it is great in qualitie and vertue. Heere (as in a cunning Apothecaries Shop) are receiptes of sundrie sortes provided, wherewith the rage of any sore may be mittigated, the nypping smart of any Vlcer or Wounde asswaged, and the venome of any malladie expelled, the perfection of health restored. Thus much in breefe, by a sodayne blushe iudge of the rest, esteeme it as it is, a necessarie implement, for any Housholder: yea, in the next degree to our daylie foode and nourishment to be esteemed. Thanke God and vse it in thy neede. Heere thou hast succour to serue thee in thy sicknesse.

Thus farwell in Christ. T. C.



## An Hospitall for the diseased.

A preservation against the Plague.

**T**ake a handfull of Sage, a handfull of Hearb-grace, otherwise called Kew, a handfull of Elder leaves, a handfull of red Bramble leaves, and stampe them together, and straine them thzough a cloath with a quart of white Wine, then take a quantitie of Ginger, and mingle with them altogether, and drinke thereof morning and evening a spoonfull nine daies together.

For the partie infected with the Plague.

If it fortune one to bee sicke of the Plague before hee haue drinke the foresaid medicine, then take the water of Scabious a spoonfull, water of Betonie like much, and a quantitie of fine Treacle, put it together and drinke it and it will expell all the venome.

A medicine to breake the Botch.

If it fortune the Botch to appeare, then take Bramble leaves, Elder leaves, Mustard seede, and stampe them altogether, and then take of it and make a plaister, and laye it to the soze, and it will draw out all the venome.

A medicine for the Plague.

Take three slips of hearbe Grace, and sixe spoonfulls of Vineger, and beate the same togeather, then straine the iuice out thereof, and put thereunto one ounce of fine Treacle, and one ounce of sugar and stir it together, then set it over the fire, and make thereof a sirrop, and put it in a boxe close, then take a sage leafe, and euerie morning fasting, spread as much as a Beane thereof vpon the same leafe and so eate it. And if hee that taketh it, be infected, it will drine it from his heart, and if the partie that taketh it evening and morning bee not infected, it will pzeferue him within 24. houres after.

A plaister to drawe the sore.

Take one spoonfull of Honie, the iuice of Spurge, two spoonfulls and a halfe of wheaten flowze, a good quantitie, and



## An Hospital

one Spoonfull of Turpentine, and temper these together without fire, and make of the same a plaister, and lay it to the soze, changing it at euerie 24. houres.

A good medicine against the Plague, approued.

Amongst other excellent and approued medicines for the pestilence, there is none more worthy available when the soze doth appere, then to take a Cocke, Bullet or Chicken, and let the feathers of the taile of the highest part bee plucked off, till the rumpe be bare, then holde the saide bare of the Bullet to the soze, and the Bullet will gape and labour for life, and in the end will die, then haue an other Bullet, and do the like to the Patient, and if that die, yet still applie the patient with Bullets so long as any do die, for when the poyson by the saide Chickens is drawne forth, the saide Chickens that bee offred thereunto will liue, then the soze presentlie will swage, and the partie forth with recovereth, this medicine is necessarie to driue the venome from the heart.

A soueraigne drinke against the Pestilence.

Take an ounce of Sozrelli water, and as much Dragon water, a dragme of Treacle, and put thereto a dragme and a halfe of powder imperiall, and giue it to the Patient with Ale within 24. houres after hee is infected, and he shall with Gods grace escape and do well.

A plaister to drawe a head to the sore of the Plague, and to breake it.

Take two Lillie rootes, one handfull of solwe Dowe, two handfulls of Mallowes, one handfull of Linsæde, stampe all these together small, and boile it in a quart of the Lees of Wine till it be thicke, then lay it an inch thicke vpon Leather, broader then the soze, and let the borders of the leather bee plaistered with Cordiers ware, to make it cleane: it shall bring out the Botch in twelue howers, and breake it shortly.

A medicine that was taught King Henry the seauenth, by his Phisition, against the Pestilence.

Take halfe a handfull of Kew, likewise of Mandragories, featherfew, Sozrell, Burnet, and a quantitie of the crops and rootes of Dragons, wash them cleane, and seeth them with a  
soft



for the diseased.

soft fire in running water, from a pottle to a quarte, and then straine them together thzough a cleane cloth, and if it be bitter, put thereto a quantitie of Sugar-candy, oz of other suger, and if this medicine be vsed befoze the purples doe rise: ye shall be whole by Gods grace.

A medicine to be drunke suspecting any, to haue the Plague.

Take a great Onyon, and the coze beeing taken out, fill the same full of good Treacle of Gene, and wrap the same in a paper, and rost it till it be softe, then straine the same with a little wine vinegar, and beeing tempered with a quantitie of Suger, giue the Patient to drinke two spoonesfuls fasting, and if the Patient be infected with the Plague, you shall perceiue the appearance thereof, within sixe howzes after the receipt of the same drinke.

Also for the vsuall drinke of euery Patient being so infected.

Take Rosemarie the quantitie of eight oz nine crops, then take of Marigolds being browne within, of burnet, and of Bourage, euerie one a handfull thereof, let them bee sod in a quarte of stale Ale clarified, then put into it a crust of bread, a little whole Pace, and a quantitie of suger, and let him drinke the same at all times during his sickness, and put Pimpernell in his broth.

Also another drinke to be taken euery morning, for a preseruat-  
tue against the Plague, and for the auoyding of infection.

Take Sauerie the quantitie of a handfull, and boile the same in a quarte of good Wine vinegar, with a spoonesfull of graines beeing beaten, and put into the same: then drinke the same with a quantity of suger euery morning fasting.

A good medicine against the Plague.

Take of Betony water the quantitie of thzee spoonesfuls, of good wine vinegar, the quantitie of thzee spoonesfuls, and the quantitie of a Nutmeg of good Treacle of Gene, oz els the quantitie of a Vasell Nut of Methridatum being all mixed together, take it in the beginning of your sickness.

For



## An Hospitall

For the Plague.

Take in the morning fasting one drie Figge, one Walnut and foure or fve leaues of Kew chopped altogether, and eate them, and afterwards drinke a cup of wine, if it be a woman with childe leaue out the Kew.

For the Plague.

Take an ounce of the leaues of Kew, halfe an ounce of good Figs, an ounce of Jenever berries, two ounces of walnuts picked, foure ounces of vineger, and a good quantitie of saffron, stampe all the foresaide things together, and reserue them in an earthen pot or a glasse fast stopped, that no aire issue out, where of if ye receiue in the morning vpon a kniues point the quantitie of a beane or more, yee shall be sure by the grace of God not to be infected within xxiij houres after.

A medicine for the Plague or leprosie.

Take hearbe grace, sotherwood, mugwort, woyme wood of each a handfull, three or foure handfuls of Jenever berries, those which be blacke, cut and shred the hearbs small, and put them into a flanders Pipkin, and poure therto foure quarts of good white Wine Vineger, and let them soke seauen nights if the hearbs be drie, if they be greene, let them not soke aboue foureteene houres, then put a handfull or two of those hearbs which be in the Pipkin into the still, and then take out a quart of the same vineger, and poure it into the still vpon the hearbs, and distill it with a prettie soft fire, for too great a fire will waste it away, and so still it untill you haue stilled all, from the Pipkin into the stillatorie, and after this poure it into the pipkin againe, and put as many new and fresh hearbs, with so many berries as you had before in the pipkin againe, and so let them soke one other seauen nights, and then still them againe as you did before, & so the third time to be vsed with new hearbs, &c. in the same manner as before, and at the last time, put foure ounces of Methridatum into the pipkin amongst the hearbes, or els fve or sixe ounces of treacle, in place of the Methridatum for want thereof, and then being stilled as before, put the same into a double glasse, and stop it with a peece of leather bound about it, and if the party be infected, let him take thereof  
foure



## for the diseased.

four ounces at one time, and if neede be, you may glue him so much for two or three daies as you see cause, and to a woman but two ounces, and to children according to their age, and as they be able to beare it : and so sweat two or three houres, or longer if the party may endure, and one stande by alwaies to wipe their face least by putting out their hand they take colde, &c. when all this is three times stilled, it will not amount to above three or four quartes.

An oyle for all manner of aches, bruses, and strainings  
of the Sinewes.

Take a pottle of Peates-seete oyle, and a quarte of an ore gale, a pint of Aqua vitæ, a pinte of Rose water, baye leaues, Rosemarie stripped from the stalkes, Strawberrie leaues, roots, and strings of Lauender Cotten, of euery of these a handfull, beate them small, and put them into the foresaide stufte, and seeth it ouer a fire of coales, in a pan of two gallons, and at your owne perrill, let not the flame touch the stufte, let it seeth very well, and then take it off, and let it stand untill it be almost colde, then straine it thzough a course linnen cloth, but not the bottom of the said liquoz then put it in a glasse, and so keep it, and when you are pained, annoint your greise withall.

For an ache.

Take Aqua composita, and the oyle of Peates seete luke warme, and annoint the patient vpon the place of the greife, laying warme clothes thereon.

A medicine for an ache, or shrinking of the sinewes.

Take the tenderings of Rosemary, and Marthe Malloes, by as euen portions as you can gette, gather your hearbs when they be drye from raine and dewe : pound them in a morter verie small, then take May butter well clarified, and put it to the hearbes, and mingle it in a vessell, and let it stande foure daies, then set it ouer the fire, and let it seeth till the strength of the hearbs be gone, the take a little of it in a spoone, and let it drop vpon the naile, and if it be greene as the Emerauld, it is perfect : and then put it in an earthen pot, and when you will occupie it, you must warme it.



## An Hospitall

A medicine for an ache.

Take Parslie and Wormwood, of each a handfull, and seeth them in a quart of Ale, with a quantitie of swæte Butter, and wash well the place therewith, that akes, and also binde the hearbs to the place, as hot as you may suffer it.

An approued ointment for aches.

Stamp Smallage, and put in it Aqua vitæ, and straine it, then put therto Bozes greace, and straine them well together, and annoint the Patient befoze the fire therewith eue-ning and mozing.

A medicine for an ache in any place.

Take Solwithistle, Chickweede, Elder leaues, groundsell and Cleuers, of each a handfull, drie all these together between two Tiles, then laie these hearbs to the place where the grieve is, let the hearbs be washed befoze they be dried.

A medicine for aching sores.

Take iuice of Smallage, of Sorrell, of waibzed, of each of them like much, take Honnie and the white of an Egge, of eyther like much, and mingle them together till it thicken, let it come nere no fire, but all raw and cold lay it to the soze.

For aches and swellings in the knees.

Take a quarte of Dalmesey, and a handfull of Time, boile them together, and when it is halfe boiled, put in a good peece of swæte Butter, and let them boyle together from a quart to a pinte: when you goe to bed bathe your knees well therewith, and wet a cloth thre or foure times double therein, and lay it to your knees as hot as you can suffer all night, and vse this fire or seauen times, and it will doublesse helpe you.

For a Sciatica or ache.

Take oyle of Beats feet, and Aqua composita, and anoint the same place where the paine is, then take woll newly plucked from the sheeps backe, and lay thereon, and wzap it well with warme cloathes.

A plaister for an ache.

Take as much Stone Pitche to the ballue of a tennis ball, and a spoonfull of Tar, and a peniworth of Treacle and Rosin, to the value of a tennis ball, and a spoonfull of Honey, boile it



## for the diseased.

it ouer the fire in a Kettle, and stir it altogether till it be well melted, then take a new Sheepes skin, and make holes in it with a bodkin, and spread the medicine on the fleshy side of the skin, and lay it to the ache as hot as you may.

### For an Ague.

Take Burre rootes, and red Pettle crops, and seethe them in stale ale, and clarifie it, and giue the sicke thereof to drinke about such time as the colde beginneth to come, and after the heate be past. When you see that he beginneth to sweat, giue him to drinke Posset ale, made with Marigolde and fennell, and see the Posset ale be well clarified, vse this medicine, for it will take away the Ague within thre or foure fits at the vttermost.

### A medicine against the hot Feuer.

Take a handfull of Bay leaues, a handfull and more of red Sage, and seeth the same in a pottle of stale ale, to a quart, and the same beeing strained, let the patient beeing in bed, drinke thereof a good draught, beeing warmed with a little sugar, an houre before his fit do come.

A good medicine for an Ague be it quotidian or quarten.

Take of smallage, and of featherfew, of either of them the quantitie of a handfull, stamp them and straine them, and then take halfe so much as the iuice of the same is of small ale, and beeing mixt together, drinke it warme a little before the time that the fit shall come: that is to say, when you perceiue any grudging. This must be drunke thre seuerall times, the patient going to bed, and clothes inough laid vpon him.

### A medicine for an Ague.

Take Pettles, Cobwebs, and Salte, and beate them in a wooden dishe, and lay it to the left arme of the sicke, and it will take away the heat of the Ague.

### For the Ague.

Take Scot, and yolkes of Eggs, and Bay salt, and pepper, and mingle them together, and lay it to both wyes and it will take away the Ague.

For your drinke in your Ague.

For your drinke, take Ale, & not strong, & vse it luke warme.



## An Hospitall

Drinke and Pottage in an Ague.

Take your Pottage and posset ale, and almond milke with these hearbs following, that is to say, Sinckfoile, Succorpe, Buglosse, Endiue, Bozage, Sozrell, Lettice, and Fenell roots, and Parsely rootes, great reasons and Pzewnes.

A medicine for the drought in an Ague.

Take a quantity of Burrage, a quantity of Sozrell, a certaine of Violet leaues, a certaine of Strawberrie leaues, seeth them in a pottle of faire running water to a quart, then straine the hearbs, then take almonds, and blanch them, beate them and straine them with the saide water, and put sugar therein, and drinke it warme.

A medicine for the quarten Ague. and for the drought.

Take a pottle of good red Wine, and a pottle of new milke of a Cowe of one colour, take two or thre good handfuls of Mouse eare cleane picked and washed, stripe it into the milke and wine, and temper them together and let them stand so one night, and put them in a faire Still, and Still them with a soft fire, and take the water and put it in a faire glasse, and let it in the Sunne foure or fve daies, and let the sicke when he drieth in his Ague drinke thereof thre or foure times, and he shall be rid of his Ague, and his drinke shall quench his drought.

A medicine against the Quarten.

Take shell Snailles two handfuls, bay Salt, Malloves, of each a handfull, beate these together, and lay it to the soles of your fete, before the quarten fit doth come.

A medicine for a colde in a Feauer.

Take Camomile and Moozmeewood, and seeth them in a quart of Ale, till halfe be consumed, and giue it the patient first and last.

A medicine against the hot Feauer.

Take a pottle of Ale ale, and a bottome of a stale white Roafe, and a handfull of Sinckfoyle, a handfull of Camomile, Treacle and Vinegar, of each a spoonfull, a few whole Maces, sugar Candy, as much as they list, and seeth these untill halfe be consumed, and straine it from the hearbs, and giue it to the patient.



for the diseased.

patient to drinke, and none other drinke during his heat, and as much thereof as he will, and it helpeth.

For the Ague.

Take two or thre Cloues of Garlike, and bruse them and a peniworth of Aqua vitæ, halfe a pint of ale : seeth them together, and drinke it a little befoze the fit come as hot as you may.

Against the corrupt aire.

Take Betamy, Centozie and Egrimony, of each a handfull, and stampe them and straine them with ale, and with a Lycorass sticke brused : and then boyle it, and clarifie it, and make it pleasant with suger, and drinke thereof euery morning blood warme thre spoonfuls, thre or foure daies.

To make a man haue an apperite to his meat.

Seeth Centozie in faire cleane water, and let the sicke drinke thereof euery morning blood warme, thre spoonfuls, thre or foure daies.

To make a man haue an appetite to his meat.

Seeth Centozie in faire cleane water, and let the sick drinke it luke warme fasting thre daies, each day nine spoonfuls, and he shall be whole. for this purifieth the stomack and brest also.

A good comfortable powder to digest well, and many other good properties.

Take Bellatozie of Spaine, Centozie, Annis, Licorass Graines of Paradice, Ginger, Sinamon, of each like much beaten, and searced into fine powder, and drinke thereof morning and euening, halfe a spoonfull in Wine or in Ale.

To make Ipocras for a weake stomacke.

Take a pint of Aqua vitæ, and put in a glasse, then take two ounces of Sinamon, and one ounce of Ginger, two penyworth of Cloues, two penyworth of Graines, one of Nutmegs, and beat them altogether to grosse powder, and put them all into the glasse to the Aqua vitæ and shake it euery day of ten nine daies together, and then drinke it with Wine or Ale, halfe a spoonfull, or a quarter, with halfe a pint of ale.

A medicine to clesse the backe, and to purge the reines.

Take one Fennell roote, and two Parsellie rootes, and pick out the pithes of them, and take thereto one handfull of Bella-



## An Hospitall

toyle of the wall, and all these beeing washed cleane, seeth in posset ale, and drinke thereof when you goe to bed, and if you wake at midnight, drinke you also.

A medicine for the paine in the backe, and for the heate in the backe.

Take Rosewater, and put thereto Saunders, and roseleaves, and lay them in steepe in your Rose water one whole night, then wash your backe with the same, and it will take away the heat, and greatly comfort the reines.

For paine in the backe.

Take Sage, Rosemarie, Camomell, and Pandlin, of each of them a handfull, then stampe them together and frie them in Bay butter, and annoynt your backe with it warme.

A medicine for the reines of the backe.

Take halfe an ounce of Turpentine of Venice, and let it be well washed in Plantine water, or Rose water, and then mixe it with fine white sugar, and make thereof foure or five balles, which you must eat three in a morning fasting, and daylie drinke a little white wine, or Rhenish wine immediatly after.

To driue out a paine or griping in the bellie.

Take Soothernewood, and laie it against the place of the contrarie side where the torment is, and it will driue it out: and if it be laid to the Pauell, it will driue away the paine.

For the byting of any venomous beast.

Take Plantine and drinke the iuice therof, and take plantine and Salendine, of each like much, stampe them and temper them with stale pisse, and lay to the soze, and it will assuage the swelling, and draw out the venome.

A medicine for the biting of a mad dog.

Take a good handfull of Betony, and a handfull of wilde sage, a handfull of nightshade, and faire running water a pint, the hearbs being stamped and strained therewith, and put thereto a peniworth of Treacle, and giue it to the patient to drinke, two or three mornings.

A medicine to stop bleeding.

Take Centorie, greene Kew, and red Fennell, and stampe  
and



for the diseased.

and straine them, and drinke them warmed.

A medicine to stop bleeding.

Take Bursa Pastoris, Plantine, and hisop of each of them like much, and bruisse them in a Morter, and warme them as hot as you can against the fire, and lay them to the nose of him that bleedeth, and bind some of the hearbs to his temples as hot as he can suffer them.

Another medicine for the same.

Take an olde cleane linnen cloth, and wet it well in vinegar, then burne it to powder, then take the powder therof, and if it be a wound cast it therein, and it will stop the bleeding immediately, but if the nose blede, then snuffe by the foresaid powder into thy nose and it will stint bleeding.

Another for the same.

Take a Toade, and drie him in the Sunne very drie, then put him in a Linnen bag, and hang him about your necke with a string, so low that it may touch your brest on the left side nêr vnto your hart, and commonlie it stayeth all kinde of bleeding at the mouth, nose, or wound.

Another to stop bloud.

If your nose doe blede vnumeasurable, then tie your little finger verie hard about the lower ioynt, and for the most part it faileth not but staieth the same.

For spitting of bloud.

Take the iuice of Betonye, and temper it with Goates milke, and giue the patient to drinke thre daies.

For the same.

Take Smalage and Mints, Kewee and Betonie, and seeth them well in good milke, and sup it warme.

To stench bloud at the nose.

Take Betonie, stamp it with a little salt, as much as thou maiest take by with thy two fingers, and put it in thy nose.

To stench bloud.

Take Linnen cloth, and burne it, and take the powder and put it in another cloth, and so lay it to the wound. Also take an Hearbe that is called Peruincell, and hold it between thy teeth, and thou shalt not blede while thou holdest it there.

Good.



## An Hospitall

Good for the braines.

To smell the saour of Muske, Camomell, to drinke wine measurablie, or to eate Sage, but not much, to keepe the head warme, often washing of your hands, measurable walking, measurable sleeping, to heare little noise of Musicke or singers, to eate Mustard, Pepper, the saour of Red Roses, and to wash your temples with rosewater.

Ill for the braine.

All manner of Brains, Gluttonie, drunkennes, late Suppers, to sleepe much after meate, corrupt aires, anger, beaui-nes of minde, to stand much bare headed, to eat too much or ha-tille, too much heat, too much watching, too much cold, Milke, Chesse, all manner of Nuts, much bathing, Onions, Garlicke, and great noise, or to smell a white Rose.

For stopping in the brest.

Take Rew, and seeth it in Cisel, and so drinke it: drinke Nettle seede bzied, and it shall boyde grauell of the stone in the raine of the backe.

For a stincking breath.

Take the seede of Coriander, and boyle it in white rimney or Sacke, and thereof drinke three spoonfuls in the morning, and as much at euening, but that you drinke in the morning must be colde, and the other hot, but you must vse to take none excesse of meates, nor drinks, nor sit not late, but rise bp early.

A medicine for a bruise in the Leg or arme or else where.

Take water cresses, and wash them cleane, and seeth them in faire water till they be soft, then beat them small in a Morter, and put them in a cleane pan, and put therunto sweet selwet of a Hart, Buck, or Sheepe, and put thereto the Lees of wine, and wheat bran, and fry altogether, and make a plaister thereof, and lay it warme to the soze place, and so lay three or foure plaisters as nede shall require.

An other plaister for a bruise or sore vnripen.

Take Otemeale grotes, and seeth them in sweet Cow milk, untill they bee as thicke as Pap, and put it into a pan, with a quantitie of sheepes tallow, and boyle them well, and stirre them well, and then make a playster thereof and laye it to  
the



for the diseased.

the græse as hote as you can suffer it.

For a bruisse or a straine.

Take the grounds of Ale or Beere, and wheat branne, and Chickweede, and lay it to the græse thre or foure times a day vpon a red cloth, not to thin.

For all bruses and aches in the bones.

Take a good quantitie of Malwort, and a certaine of Balme, and Smalage, and stampe them well, then take a pound of Hay butter, and temper them together, then make them in round balles, and let them lye eyght dayes after, and then stampe it againe, then fry it and straine it, and so put it in an earthen pot, and this will helpe the bruse, though it be very blacke.

A medicine for burning, scalding, or burnt with  
an hand Gun.

Take ten or twelue Eggs, as you will make the quantitie of your oyle, and let them be as new as you can get, lay them in the fire, and rost them as harde as you can, then take the yolkes, and chop them as small as you can, and put them in an earthen pot, and set it ouer the fire, and take a sticke and stir it, and let it boyle vntill you see it consumed in a manner to nothing, then take it from the fire, and set it in the ayre a quarter of an houre or more, and there will come an oyle thereof, then take a feather, and annoynt the græse with the same oyle, and take Hartstongue leaues, and lay them vpon the græse, & that wil gather the skin, then you may bind a cloth to it.

An other medicine for the same.

Take the dung of Geese, of one nights making, and fresh butter vnsalted, or els clarified Shæpes se wet, and fry them in a frying pan a good time or season, vntill your se wet be almost consumed, then put them in a cleane course linnen cloth, and straine them into a small vessell, then take a feather, and dip it in the liquoz, and annoynt the burned place or scalded, and whē you haue so done, wet a fine linnen cloth in the liquoz, and couer the soze withall, and do this twice or thre a day, and by Gods grace it shall helpe you.

For burning or scalding.

C.

Take



## An Hospitall

Take Maidenwort, stampe it and seeth it in fresh Butter, and straine it and annoynt the patient.

To take away a heat or burning with Gunpowder.

Take a good quantity of Housleek, stampe it and wring out the iuyce, take the white of sixe Egges, and beate them in a dish till they be thin, and then take off the skinne, and put the rest together, and wash the sores with a linnen cloth, and lay the cloth aloft vpon the soze wet.

A medicine for burning or scalding.

Take black Sope, or gray Sope, and lay it immediatly to your soze.

For burning or scalding.

Take a good handfull of Auans, and as much of Sheepes dung, and so fry them in May butter, and straine it, & annoint the place with the same cold, twice a day, but annoynt it first with gray and black sope, and it will help, the oyntment must be spred vpon a flexen cloth, if you can get it.

To make an oyntment for burning with Gunpowder, or scalding with water.

Take a handfull of Barroes greace, and two handfulls of Groundsell, and two or thre handfulls of Housleek, and stampe the hearbes together, then put to it newe Sheepes dung two handfulls, of Goose dung two handfulls, and stampe them altogether, and being hote, straine them through a cloth into an earthen pot, and with the liquoz annoynt the burned place.

An oyntment for burning.

Take Plantine, Maybzed, Dasse, and greene barke of Elder, and greene Goose dung, and Dyle of Dulse, stampe them together, and wring them through a cloth, and bathe the place that is hurt with a feather.

For burning or scalding in what place soeuer.

Take the white of an Egge, and put it in a Pewter dishe, and then labour it with an Allom stone, till it be like a Posset curde: then take a fine peece of linnen, and wet it in Dyle Dulse, or in some other Dyle, then lay the saide cloth vpon the soze, and aboue it lay the soze-sayd curde made of the white of an Egge, and that shall drawe out the fire, and heale the soze.

For



## for the diseased.

For burning or scalding.

Take foure Egges and roste them, and take out the yolks, and fry the in a pan softly vpon the embers, till they be blacke, and thereof will come an Oyle, the which saue and put into a Gally pot, and vse it when you haue neede.

A medicine for a burning, for lack of other things.

Take the berries of Elder tree, and lay them to the soze, and it helpeth.

An other medicine for the same.

Take oyle Oliffe, and beate it with water till it were very white, and annoynt the place.

For a burning with fire.

Take blacke Hernish, and all to annoynt the place with a feather, and it will stay the heate, and heale it as fayre as euer did Medicine, and so vse it till you be whole.

For a Canker in a womans paps.

Take Goose dung, and Salendine, and bray them well together, and lay them to the soze pap, it will clense the Canker, kill the worme, and heale the soze.

For the Canker in the mouth.

Take the iuyce of Plantine vinegar, and water of Roses, and wash thy mouth withall many times.

A receit to still a Cock.

Take a red Cocke of thre or foure yeeres old, and kil him, and dresse him fayre, and cut him in foure quarters, bruse the quarters, and pick out the fat of them, then take halfe a handfull of red Hints, a handfull of Harts-tongue, put them in the pot close, with halfe a pint of Halmisie, sixe crops of Bisope, a roote of Parsly, a roote of Fennell, a roote of Endiue, twentie Damaske Prunes, twenty Raisons of the Sun, foure Haces, and let it still twelue houres, and let the pot be couered with paste, with a platter vnder it, and let the patient drinke it eue-ry mozning next his hart.

A medicine for the Collick.

First take a handfull of Rosemary, as much of time, and as much of Bisope, one ounce of Cloues and Mace, and seeth it in a pottle of white Wine, and let it seeth till it be consumed to a

C g.

quart,



## An Hospitall

quarte, then put therein a little Sugar, and drinke therof luke warme, when you feele your selfe pained, and when it is sodden, as is befoze mentioned, you must burne it as you burne o<sup>r</sup> ther wine.

For the Collicke in the side.

Take a small wooden dishe, & put therein first colde ashes, then lay vpon them hote embers, without great coles, & there vpon strew a good quantity of Cummin-seede, and sprinkle it with Balmie, and so doe till the dish be filled: then couer the dishe with a fayze linnen cloth double, and lay it so hote as you can to your side where the Collicke lyeth, and vse this two or thre times, and it will helpe you. And for lacke of Cummin-seede, take red Sage, Cammomell, Bisope, Time, Peneroy, all, of like quantity, and vse it as the Cummin-seede befoze.

A Medicine for the stone.

Take Bellitoy that groweth on the wall, grounde Iuie, Sarcfrage, Parsly, Auans, Ballowes, and red Nettels, Pepper, Cheruell, and Bouse-eare, and boyle all these hearbes, of euery of them a like quantity in Whay, and clarifie the Whay with the white of an Egge, and drinke a draught thereof at a time, fasting.

An other for the same.

Take halfe a penny-worth of Parsly-seede, asmuch of Radish-seede, being wel dressed and brused, and seeth them all in a pinte of white Bastard to halfe a pyn, and then drinke it milk warme.

Another to breake the stone.

Take Hawthorne flowers, or for lacke of flowers take Hawes, and distill them, the flowers in May, and the Berries when they be ripe, take of this water thre spoonesfuls, & thre spoonesfuls of Balmie, and a quantity of Ginger, and drinke it warme.

A medicine not onely to breake the stone, but also cleerly to purge you thereof, if you doo vse this same daylie.

Take the Koles of Hip tree, and pricked Holly leaues, and dry them in an Ouen, and beate the seuerally into dry pouder, then



for the diseased.

then put them together beeing first searced, and of like quantitie : then put thereto the powder of Grommell seede, & Broome seede, of each a like quantity, doing but halfe so many in quantitie as the powder aforesaid, and they being mixt altogether, vse daily a good spoonfull of y<sup>e</sup> said powder in a draught of Ale, Beere, white Wine, or Rhenish wine, evening and morning : and besides that, you may vse the same powder in brothes and pottages, the oftener the better : haue alwayes in store a good quantity of the said powder, you must keepe the same alwaies dry, in a Pipkin by the fire side, or other wise.

Another for the same.

Take Parsly, distill it, and vse to drinke the water in white Wine, or in good Ale, and it will destroy the stone, Collicke, Strangurie, and other passions in man or woman.

A medicine for the Collick and the stich.

Take the grounds of Malmsie, Sheepes tallow, Ribwort, red Sage, and Alisanders, seeth all these together, and make a plaister thereof, and lay it to the græse, and annoynt you with Oyle Oliffe, and oyle of Balme mixed together.

For the Collick and the stone.

Take Wellitozy, vnset Leekes, and Hallowes, of each a like quantity, stampe them, and put thereto a penny-worth of Peates oyle, fry them well together in manner of a playster, put them into a bag of Linnen cloth, and being very hote, lay it to thy belly, and it helpeth within an houre.

And for the stone, lay the same to the reines of the back behind, and it helpeth with speede.

For the Collick and stone.

Take halfe a pound of Time, as much Parsly rootes, and blades, halfe a pound of Alisander rootes, and seeth them altogether in a pottle of Ale, vntill it consume to a quarte, and so drinke it fasting.

For the stone, and for him that cannot pisse.

Take a quantity of time, Parsly, crops of Fennel, Sinckfoyle, Alisanders, of like quantity, fise or sixe cloues of Garlick, stampe them altogether, and straine them with white Wine or Ale, and drinke therof first and last, warmed.



## An Hospitall

A speciall medicine proued, for the stone, Collick, Drop sic,  
Strangury, and launders.

Take of Cœny halfe an ounce, Ginger, Annis seede, Licce-  
rice, Maces, Pettie seedes, Geate, Saffron, of each two pe-  
ny weight, fennell seede, and Spikenard, of each one penny  
weight, and three penny weight of Sinamon, make all these  
in powder, and drinke thereof halfe a sponesfull at once in pos-  
set ale, or in pottage.

For the Collicke passion.

Take Annis seedes, fennell seedes, and Caraway seedes,  
of euery of them halfe an ounce, Ginger, Galingale, and Si-  
namon, of euery of them two dragmes, Cloues, Maces, and  
Cardam, of euery of the halfe a dragme, Setwall foure drag-  
mes, Sugar eyght ounces, make them altogether in powder.

For the stone, or stopping of the water.

Take a pint of white Wine, and therewith make a posset,  
then take all the curds away, and put into the posset ale two  
penny weight of the scraping of white Sope, and boile it, then  
drinke it as warme as you can.

For the Collick and the stone, proued.

Take Parsly seede, Broomie seede, Bromell seedes, Fenell  
seedes, Annis seedes, Planten seedes, and Smalage seedes, of  
euery of them a quarter of an ounce, and of Nutmegs halfe an  
ounce, of Sugar tryed, foure ounces, and beate them altoget-  
her in a Morter, untill they be very fine, then searce the pou-  
der through a searset, and vse to drinke this powder euening  
and morning, three dayes in a weeke, with wine or other drinke  
like warme, and take of this powder at a time, the quantity  
of a great Hasell-nut: and if the paine be great, take of the oyle  
of Scorpions, with oyle of Roses, & annoynt your side where  
the payne is, against the fire.

To purge the bladder of him that cannot pisse.

Take fennell, and the rootes of Allesanders, Parsly, the  
rootes and the leaues of Harts-tongue, Maiden-haire, & seeth  
them in white Wine, and giue it the patient to drinke, and it  
shall purge the bladder in short time.

For the same.

Take



for the diseased.

Take Kewel, Crommell, and Parsly, stampe them together, and temper them with white Wine, and giue it the sicke to drinke warme.

For him that cannot well pisse.

Take a Flint stone, and lay it in the fire, untill it be redde hote, and therewith warme your Ale, and then drinke thereof.

To prouoke vrine, and against the stone.

Take three quarts of Ale, warme it well, let it be skimmed thrise, then put to it a handfull of time, a handfull of Rosemarie, and a handfull of Pennirovall, and let them seeth together till one quarter be consumed or moze, then straine the hearbes fro the Ale, and drinke a draught of the Ale first & last warme.

To make one pisse.

Take a quarter of a handfull of Parsly, asmuch red Fenel, wash and shred them small, and put them in a cup of stale Ale, and make a Posset therewith, and drinke the Ale & it helpeth.

For a man that pisseth blood.

Take Ambros a handfull, Bursa Pastoris, asmuch, Parsly seede, asmuch, stampe them altogether, and giue the sicke to drinke thereof in Goates milke.

To prouoke vrine.

Take a handfull of red Pettlerootes, and seeth them in a quart of good Ale, till it be consumed to a pint, and put thereto halfe a dish of Butter, and let it be cleane skimmed before the Butter be put in, & seeth it in Allesander seedes, Parsly seedes, Crommell seedes, beeing beaten into fine powder, and straine them through a fine cloth, as much of the one as of the other, and drinke thereof first and last.

For the same.

Take a quantitie of black Sope, and English Saffron, and temper them together cold, and lay it cold vpon your nauell, beeing spred vpon a broade paper, or red leather, and then layd vpon it a Linnen cloth, of tennie or twelue folds, hote, and roule you with a towell, and so lye downe vpon your bedde warme, and it will make you pisse within an houre.

A drinke for the windie Collicke.

Take a quarte of Malmsie, and two spoonefulls of the pith  
of



## An Hospitall

of Parsly rootes, and a handfull of Violet leaues, and fine Way leaues, seeth all these together vnto a pint, and drinke it morning and euening warme.

To take away Cornes.

Take Marigolds stamped, and lay vppon the soze euening and morning, and it profiteth. Or else pare your Corne, and lay thereto Turpentine and red were boyled together, & make a plaister thereof, and it helpeth.

To doe away a Corne.

Take and cut away the Corne, and drop into it a droppe or two of a blacke Snaille, and put thereto the powder of Sandesfer, and it will doe it away.

For the same.

Pare away your Corne as neere as you can, & put into the hole vnleckt Lime as much as a fatch, & couer it with a playster of Meere and Rozen, and let it lie 24. houres.

To make a water against a consumption.

Take a quarte of Rose-water, as much of womans Milke, Milke of Goates, of Hares, or of Cowe milke, put vnto them thirtie yolkes of Egges, well mingled togeather, and thereof Still a Water, wherof giue the patient to drinke warme first and last with a Cake of Manus Christi, made with Golde and Pearles.

For a Consumption in the reines.

¶ Take Clary leaues and prick them, and frye them with two or thre yolkes of Egges, and put thereunto Saffren dried vpon a stone, and grinde it small, and put all together, and fry them in fresh Butter and eate it warme next your heart.

To make Iellie for one that is in a consumption.

Take a Legge of Meale, and cut away the fat, and a Capon or Cocke new killed and skald him, and wash him clean, and let the Capon and the Meale lie in water the space of three houres, and seeth them on the fire, with two pottles of faire water, scum it cleane, and as the fat riseth take it off, and so let it seeth, till halfe the bzoth be consumed, then put in a pottle of rackt renish wine if you haue it, or els a pottle of white wine, and let it seeth altogeather, vntill it consume to a quarte, and  
clarifie



## for the diseased.

clarifie it with thre or foure whites of Egges, and let it run through a ielly bag, and then set it on the fire againe, and put in one pound of Sugar, and one ounce of Sinamon grosse beaten, and then let it runne through a Jelly bagge thre or foure times, and after let the patient drinke thereof warme.

For an extreame Cough.

Take Fenell rootes cleane washed, Anniseedes, and a little Licoriz, and seeth them altogether in white Wine, and take the white Wine, and drinke a good draught thereof when you goe to bed, and the next morning take a Fig and a Date, and roste them, and eate them somewhat hote, and neither eate nor drinke in two or thre howers after, and in two or thre times drinking it shall helpe you.

For the Cough.

Take eyght penny-weight of fine Ginger, and sixtene penny-weight of the powder of Elicompane rootes, and one ounce of the powder of Licoriz, and two ounces of the powder of Anniseedes, and thre ounces of Sugar candy, mingel all these together, and vse to eate it when you wil at all times in the day, and you shall finde ease therein, for this is well proued.

For the Cough, and to dry vp the rume & fleame.

Take a handfull of Sage, a handfull of Bay salt dyed at the fire, a handfull of Connin, a penniworth of Cloues, and another of Maces, and beate all these and mingle them together, and put them into a linnen bag, the length and breadth of a mans hand, and quilt it, and vse it hote vpon the mould of the head till you be eased, warme it morning and euening, and lay it to your mould againe.

For the Cough of the lungs.

Take a pottle of running water, twenty Figges, a quarterne of the best Sugar, a good quantitie of Licoriz and Anniseedes, a penny-worth of Maiden-haire, a handfull of great reasons the stones picked out, and boyle them vnto a quarte, and so warme a little in a stone cruse, and drinke thereof.

For the Cough.

Take Hysope, Horehound, Sugar and water, boyle them altogether, till it come to a thinne Sirrope, and so vse to eate there



## An Hospitall

ther 2 of euening and mozning, and all other times when you thinke good.

For a Cough.

Take a pynt of Visope water, and halfe a pinte of Rose water, and a good quantitie of Licoriz bruised, a great spoonful of Anniseedes, halfe a pound of white Sugar candy, let all these boyle together, till it come to a clere Sirrop, then put it in a faire glasse strained, and take this sirrop at all times of the day or night, when you list.

For the Cough.

Take a tolle of breade, and make it hote, and put on swæte Sallet oyle, on both sides of it, and eate it euery mozning and euening, and it will helpe you.

For the same.

Take Barrowes or Bores greace, thre or foure cloues of Garlick, and stampe them together, and warme and annoynt thy feete therewith at thy going to bed, and so keepe them hote with a toasted trenchour, and warme clothes and you shal recover.

For the chin Cough in chyldren.

Take Bores greace, and warme the soles of theyr feete at the fire, and chafe them with the aforesaid Bores greace, and let them goe to bed, and keepe them warme, and lay cloathes to theyr feete.

For the Cough and the wheefing.

Take a pounce of Sugar candy some-what finely beaten, halfe a pound of Licoriz searced, and halfe a pounce of Anniseedes searced, and an ounce of the powder of Ginger, an ounce of Elicompane rootes made into powder, and mingle these together, and take of the same powder halfe a spoonfull at a time when you goe to bed, and when you rise in the mozning.

For the Cough.

Take Visope, Licoriz, Horehound, a little of the roote of Elicompane, great Raisins, Figges cut in small pæces, and Anniseedes: boyle all these in water, then straine out the water, and drinke it in the mozning fasting.

For



## for the diseased.

For the Cough, and for stopping at the breast, and to open the pypes, and to auoyd much corruption.

Take the roote of Clicompane, and a roote of Radish, and shred them thin, & Peare-wardens, twice so much as of both the others, then put altogether into a newe earthen pot, then put thereunto clarified Honny till it ouer-flow the saide ingredient: then couer the pot, & paste it that no breath come out, and set it into an Ouen and let it bake with a batch of breade, and giue the sicke thereof a spoonfull at morning, an another at night.

Maister Bakers medicine for the Cough of the lunges.

Take three pints of running water, halfe a pounce of Boz-tingale Sugar, with nine Figges, and halfe a spoonfull of Aniseedes brused, a handfull of Raisins of the Sunne cleane washed hauing the stones picked out, a penny-worth of Haydens haire: let all these boyle together till the one halfe and more be boyled away, and then straine the same through a fine cloth, and euery morning drinke two spoonfulls of it luke-warme, and you shall finde present remedy.

For the Crampe.

Take Holy-oyle, oyle of Violets, and of Swines greace, of each like much: and make an oyntment and annoynt the place.

An excellent salve for a Cut.

Take two handfulls of Bugle, which groweth most commonly in Woods, and as much Valerian: bruse the very smal, the take a quantity of Deeres se wet, halfe so much brwrought Waxe, so much of these two as the hearbes may bee boyled therein, then set it on the fire, and when it is halfe boyled, put in a quantity of the best Turpentine that you can get, then let it boyle till it be enough, and all the while stirre it well, when it is boyled enough, straine it through a cloath into a vessel and so keepe it.

For a newe cut that will not leaue bleeding.

Take the blades of vnset Lækes and stampe them, and put thereunto Honny and Wheat-flower, and stirre them wel to-



## An Hospitall

gether vntill they be thicke : let it come nere no fire but all cold lay it to the wound, and it will stanche the blæding, draw out the bꝛused blood, and make it cleane.

For the deafenes in a mans head.

Take a quarte of Malmsie, a penny-worþh of Commin, and eyght Betony leaues that groweth on the land, then boyle all these together, till the one halfe of the Malmsie bee consumed : then take the pottle that you boyle your Medicine in, as soone as the hearbes be boyled, and couer it with a tunnel, and binde it close about the verge that the heate come not out : then put a quill in the other end of the tunnell, then put the patients eare thereunto, so that the heate may goe close into the head, first the one, and then the other : and whilst the heate is drying in the one eare, you must stop the other with black wooll, and you must haue hote cloathes to keepe in the heate on the other side of the head while that your Medicine worketh : then serue the other eare likewise. You must vse it threë times in the day, that is to say, in the morning, at noone, and at night, and so you must continue the space of threë dayes and threë nights. See that the patient come not into any open ayre the space aforesaide : and you must put to your Malmsie a quarter of a pinte of clære running water.

A good Medicine for deafenes, vsed by Thomas Steeuens of Bushton.

Take Bay berries, Bay leaues, Betony, and Sticards, of each of them one handfull, seeth them in white Wine to the halfe, and for an old man in Malmsie : then put it into a vessell that hath a narrow mouth, and holde your eare ouer it beeing vnstopped, so that you may suffer it, beeing neither too hote nor too colde : then take oyle of bitter Almonds, and let drop therof two or threë drops into your eare, and alwaies haue a locke of fine blacke wooll that groweth betwæne the Sheepes legges, to stop close your eare therewith : wherein if you put a little Muske it will be the better.

A soueraigne medicine for the paine and buzzing in the head, which hindereth the hearing very much.

Take



## for the diseased.

Take one clove of Garlick, pill it, and pricke three or foure holes in the middlest, and dip it in fine English Honny, and put it into your eare, and put a little blacke wool after, and lie vpon your other side each night, and so let it continue in your eare for the space of seauen or eyght dayes, and it will expulse the humors at your nose, expell the paine, and restore the hearing.

For the paine in the eare.

Take two handfulls of Sage, one handfull of Visope, and halfe a handfull of Rosemary, put these into a little pillow boyled in Rose Vinegar, Aqua vitæ, and Rose-water, and lay it to your eare as hote as you can suffer it.

An oyntment for a swelling.

Take a good quantity of Smalage and Malloves, and put thereto two pounce of Bores greace, one pound of Butter, and a quantity of Peats-foote oyle, stampe them well together, then fry them, and straine them into an earthen vessell.

To make a drinke for an extreame heat or drought.

Take a pottle of faire water, a handfull of Succory, a handfull of Endiffe, a handfull of Violet leaues, a handfull of Burrage, halfe a handfull of Lettice, two Fenell rootes, two Parslie rootes, put them all in your pottle of water, & let them seeth from a pottle to a quart, then take it off, and put a little Sugar to it, and let it haue two wallops more, then drinke of it when you thinke good.

To make a dyet drinke.

First buy a diet pot, and fill him full of Conduit water, lacking a quart: then put to the water a quarte of white Wine, and set him ouer a soft fire of coles, then put thereto a pound of Licoriz scraped and cut in small peeces: halfe a pound of Anise seedes brused, halfe a pound of Ligna vitæ bought at the Turners, and an ounce of the barke of the same, which you may haue at the Apothicaries: then let all these boyle together an houre & an halfe, so that one part of the liquor be boyled away, then take and straine it into a fayze vessell, and keepe it close, and drinke thereof first and last a pretie draught warme.

A water for the eyes.

Take kindly Roch Alome white, a small quantity of Red



## An Hospitall

Rose water, and the iuyce of red Fenell, and the white of an Egge well beaten, and take of the scum of the Egge and beate them together : then straine it thzough a fine cloth, then dyppe your finger in the water and let it drop into your eye.

Good for the sight.

All this is good for the sight, red Roses, Ueruaïne Rootes, Fennell, Salendine, Wimpernell, Oculus Christi, to wash your eyes with clære water, or to looke vpon greene colours, measurable sleepe, to looke in a fayre glasse, often washing of your hands and fete, and it maketh your meate to digest wel.

Ill for the eye sight.

To studie after meate, Garlick, Onyons, Leekes, Lettice, too suddaine going after meate, wines, hote or cold ayre, drunkenesse, gluttony, Milke, Chæse, much beholding of bright things, and as euill redde things as white : much sleepe after meate, too much walking after meate, and too much letting blood, colde wozts, fire, dust, too much weeping, and euer much watching.

A speciall good water for the eyes.

Take a new layde Egge, and roste it hard, cut the shell in the middelt, and take out the yolke, and put in a peece of white Coperas whereas the yolke lay, and binde the Egge together againe, and let it lye in the fire untill the Coperas be resolved in water : then take the white out of the Egge, and cut it in small peeces, and let it stand a while, then straine it thzough a fine cloth, and keepe it in a close glasse, and dresse the eye euerie morning and euening.

To kill the pin and the web in the eye.

Take a quantitie of thzæ leaued Grasse, as much Red Fenell, as much red Sage, as much Daisies, the white of an egge beaten and the froth taken away : halfe a spoonesful of Honnie, stampe all the hearbes together, and then take the iuyce thereof, and put thereunto the white of the Egge and the Hony, and then stirre them together, and drop the same into the eye of the patient : then take a plaister of Flaxe tow, and dip it in y sayd medicine, and lay it vpon the eye of the sayde patient, and binde it fast, and let it remaine so an howze at euery time of dressing.

An



## for the diseased.

Another for the same.

Take the leaues of Saladine and stampe them and straine them : then put one drop of the iuyce thereof in the eye, and it will helpe by Gods grace.

For the web in the eye if it be olde.

Take the red Wimpernell and Euphrasia, and stamp them in a Morter : and then fry the with Capons greace in a cleane pan : then wring it throught a cloth into a vessell of brasse : and let it stand therein thre dayes after : put it in a bore of horne or tume, and take thereof and put it in the web of the eye : This Medicine is soueraigne.

A good medicine for the eyes, being eyther  
Pearle or Web.

Take thre leaues of Daisies, and Pouch-wortz alias Bursa Pastoris, and the Chest lops, alias Woodliffe : stampe them together and straine them in a little good Ale : drinke of the same thre seuerall Mornings two howres before you rise and you shall finde ease. Notwithstanding your eyes will be sore : then wash your eyes with cleere running Water : then drinke of your drinke two mornings againe : and you shal be whole and finde great ease by Gods grace.

A Water comfortable for the eyes.

Take the iuyce of Euphrasia, or els water made of it : for it is the best hearb that can be for the eyes what way soeuer you take it.

For sore eyes.

Take rotten Apples and still them : and with the water thereof washe your eyes, and it will purge and clense them and cleere your sight.

For the same.

Take Coperas and lay it in running water and straine it : and when you goe to bed strike the bræs of your eyes with the same water and let it drop into your eyes.

A water very good for the eye sight.

Take Rose-leaues, a great handfull of red Fennell : Mar-  
uaine asmuch : Kewe a handfull : of Salendine asmuch : and  
still them together : and you shall haue a good water and com-  
fortable



## An Hospitall

comfortable for your eyes.

A drinke for the eye sight.

Take a quantitie of Iute that groweth vppon the Ashe : a quantitie of the rootes and leaues of Daisies in the fielde : also a quantitie of Fennell : and a quantitie of thre leaued Brasle : all these being washed cleane stampe them and straine them with a pinte of stale Ale : and drinke thereof euening and morning : or at midnight for a season.

A perfect water for the eye sight.

Take Sage, Fenell, Veruaine, Betony, Euphrasia, or Eye-bright, Pimpernell, Sinckfoyle, and Hearb-grace, and lay all these in white Wine all night : and then still them in a Stillitozy of glasse : or etc. This water is speciall good.

For the Emrodes, and to dry vp any sore.

Take the broade Rempheane leafe, commonly called Canel-leaues, which growe in waters : washe them cleane, put them in a paper, and fry them in the enibers, and apply them as hote as may be suffered, and make them in powder, & cast them into the sore and it helpeth.

For the same.

Take redde Wortes and seeth them in a pot : then take the pot, and set it vnder a close chayre, and sitte ouer it, and lappe warme clothes about the chaire, that no ayre may goe out, and so sitte ouer it till it be colde, and then annoynt the members with the liquoz.

For the same.

Take a plate of Lead, and rub thereon a quantity of Bores greace for a man, and Swines greace for a woman, and wash it out with white Wine, and annoynt the Emrodes.

A medicine for a red and high coloured face.

Take Vine leaues, Strawberries and Creame, and put two penny-worth of Camphire vnto it : then put it into a Stillitozy with the afore-sayd leaues, and distill it : and take the water thereof, and washe your face therewith morning and euening for a certaine space, and it will take away the high colour of the same.

Ano.



for the diseased.

Another for the same.

Take Cowcombers, and pare them cleane, and cut them in slices, and styll them, and with the water that commeth of them, wash your face daylie, three or foure times in the day, if you haue none of the water, then take the Cowcomber it selfe, and pare him, and rub your face therewith.

A medicine to destroy heate in the face or in any other place, though it be Saint Anthonies fire.

Take a quart of Smithes water, a handfull of sage, a handfull of Elder leaues, or of the greene barke, a pennyworth of Allom, and seeth them altogether from a quart to a pinte, then put it in an earthen pot, and annoynt the patient.

For the pimples in the face.

¶ Take Wheat flower mingled with Vinegar and Honey, and lay vpon them, and it will clense them.

Good for a Fellon.

Take Sage, Rew, Snailles Bay salt, and Bacon, and beate them togeather, and then lay it to the Fellon, and it shall helpe you.

For the same.

Take hearb grace, March, and white worttes, rustie Bacon, a little butter, a house snaille, mingle them together, and make thereof a plaister.

A medicine for Biles, Fellons, and Vncomes.

Take Wheate flower, Bozes greace, May butter, and Sage, and stampe it togeather, and make a Plaister thereof, and lay it to the Bile or fellon, and it will both ripe it and draw it, and if it be fryed it will worke the better.

To ripe Byles, Fellons, and Vncomes.

Take a pinte of swete Milke, and set it ouer the fire, and put thereunto a quantitie of sheepes selwet, small shred, and a handfull or two of Datemeale fine beaten, and let all these seeth till it waxe very thicke, so that ye may spread it vpon a faire linnen cloth, and lay it as warme as you can suffer to the soze, and it will quicklie ripe him, and bzeake him without great paine, then when he is broken, lay a little Turpentine vpon a peece of white leather pricked full of holes, and it will

¶

draw



## An Hospitall

byaswe and heale it.

A gargesse for fleagme.

Take a quantity of Endive water, and as much Honisuckle water, a good spoonefull of Mustard pure, a spoonefull of Honey, two spoonefulls of Vinegar, and a little powder of Pepper, two or thre bzaunches of Rosemary, and the leaues of Sage, and put all these togeather and heate them vpon a Chafingdish of coales luke warme, and let the Patient put a spoonefull at once in his mouth, and hold his head vpwards, and wash his throat therewith, and it shall make him boide much fleagme, let him take thereof as oft as he shall thinke good.

To breake the fleagme, and for the cough.

Take a pinte of Slope water Stilled, one quart of good Muscadine, thre or foure good Races of case Ginger, pare them cleane and cut them in slices, and twice so much Licquorice, and pare it likewise, one good handfull of sugar candie grece bruised, put all these pzemises together in a glasse, and shake them together and stop it close, and let it stand foure and twentie houres, then dzinke thercof at your pleasure.

To breake fleagme.

Take Butter without salt, and Honie, of each a like quantitie, and a fewe bitter Almonds, blaunch them and beat them fine, and eate a little euery day.

For the same.

Take Smallage, and seeth it in Vinegar, then take the Vinegar and wash your brest withall, and then take the Smallage and put it in a cloth, and binde it to your stomacke thre houres.

For the same.

Take Sorrell, and stampe it, and straine it, then take the iuyce and temper it with olde Ale, and dzinke a good quantitie in the morning befoze you rise out of your bed, then take a sleepe after, and you shall deliuer fleagme wonderfull to see for the quantitie.

A medicine for the fluxe or laxe.

Take Egges and roste them hard, then take the yolkes of them and straine them with red Wine, and put thereunto Si-  
namon,



for the diseased.

namon, then seth them together, and drinke it as hot as you may suffer it.

For the same.

Take Wheate flower, and the yolkes of Egges, with the iuyce of Plantine, and make a cake of it, and bake it in an Oven, and eate it as hot as ye can, and drinke thereto red Wine or Respice all hotte, or else the iuyce of Plantine, for it will binde him.

A Cawdle for the bloody Flix.

Take a pinte of red Wine, and the yolkes of five new layd Egges, a good quantitie of Sinamon, and a little Sugar, the pill of a Pomgranet dyed, and beaten to fine pouder a good quantitie, and boyle all these in a faire platter vpon a Chafing-dish of coles, till it be somewhat thicke, then let the Patient eate of it morning and evening, and as oft els in the day as his stomacke will serue him thereto, and it shall stop him be the Flix neuer so great.

A singular medicine for the bloody flix.

Take as much fine cloth as will make a suppositarie, being wrapped round together bottome wise, then wet the same in the best Aqua vitæ or Aqua composita, and let the partie graued conuay the same into their Fundament, and it will helpe them God willing within thre or foure dressings, this is proued and hath holpen many that hath bene brought very low, and iudged past cure.

Another for the same.

Take a peece of Allome, as much as a Walnut, put it in a pinte of new milke, and seth it on the fire till the Milke turne to a Curde, then take of the curd as you doe of the Posset Ale, then take the liquour that remaineth, and put vnto it a quantitie of the pouder of the pill of a Pomgranate, and Sinamon fine beaten, and let them drinke it, and it will stop them, and if they eate of the curd they shall be stayed the sooner.

For the bloody Flix.

Take Almondes skinned and all, and stampe them small, and take the water of hooked Barlie sodden, and make thereof Milke, and put therein skinned and scorched of Pomegranats



## An Hospitall

báing stamped to pouder, with a little sugar, and so eate the same euery morning and euening and put gaddes of Steele that hath báene made red hot in fire into their dzinke.

To stop the bloody Flix.

Take a quarte of Beanes dzied ouer the fire, so that ye may make pouder of them, then bzuise them in a moztar very small and boult them, and take a quarte of good Ale, and a quantitie of flower, and so seeth them both together, and let the patient eate thereof at night as hot as may be suffered.

For the bloody Flix.

Take a pinte of running water, and a pinte of warm Milke as it commeth from the Cow, and put them together, then put fíue or sixe flint stones in the fire, and when they be red hotte quench them in that Liquour, then put them in the fire againe, and quench them againe thre or foure times therein, till the Liquor be halfe consumed, and let the party dzink of it warme.

A medicine for the falling of the fundament.

Take red Pettles, bzay them well, and put them in an earthen pot, and put thereunto a good portíon of white Wine, and seeth it till the halfe be wasted, and giue it the sicke to dzinke first and last alwaies warme, and lay the hearbs to the Fundament as hot as ye can suffer it.

A plaister to heale a gorie Legge, a wound or sore whatsoeuer.

Take a handfull of Mallowe leaues & an other of Groundsell, put them in a Posnet with faire water, and let them boile till they bee sodden so tender that ye may make a playster of them, then put the Liquour from the hearbs and straine them through a strainer vpon a platter, and set the platter vpon a Chafingdish of coles, then put thereunto a quantity of Deares se wet, or shæpes se wet clarified, and vnwrought ware, sallet oyle, turpentine, and rosin, let all these boyle vpon a Chafingdish of coles untill they be thicke, then straine all the said stuffe through a linnen cloth into a vessell that you will keepe your salue in, and so let it stand untill it be colde, then vse the same beeing spread vpon a cloth, and you shall finde ease by Gods grace, and he'pe.

A plai-



for the diseased.

A plaister for the Gout or ache in the ioyntes, wherewith the Lord Rich was cured, when all Chirurgians thought him to be vncurable.

Take halfe a pound of vnwrought Ware, halfe a pound of Rosin, an ounce of Dlibanum, a quarter of a pound of fine Littarge of gold, thre quarters of a pound of white Lead, beaten to pouder, and searce it through a Searcer, and take a pint of oyle of Peates seete, and set it on the fire in a small Messell, with the Ware and Rosin, and when it is molten, then put therto the other pouders, and stir it fast with a sticke, and then put a little of it vpon a pewter Sawcer, and if it be hard being so tried on the pewter sawcer, then take it from the fire and annoynt a faire boord with some of your oyle of Peates seete, and as you may handle it for heate, worke it as it were Cordiers ware, and make it in great roles, and make plaisters of it with a chafingdish of coles, and spread it thinne vpon a Linnen cloth or leather, and lay the plaister warme where the paine is, and so renew it morning and evening untill you bee whole, or till the ache be driuen to some other ioynt, and then take the plaister and lay where the ache is, and beware of colde and hotte Wines.

A medicine for the Gout.

Take foure handfuls of Wallwort, and one handfull of Hozehound, and Bray them in a Morter, and put their iuyce to one pinte of Swines greace, and boyle them on the fire the space of halfe an hower, then straine it faire for it is good for all colde Bowtes in the armes, legges, or seete, and for all greescs in the bones that commeth of colde.

A drinke for the Gowte festered.

¶ Take a quantitie of Archangell, Betony, Meruein, of each like much, and boyle them in Wine, and let the sicke person drinke therof first and last, and it helpeth.

A plaister for the same.

Take a sawcer full of the iuice of Smallage, another of Wormewood, hony, salt, and vinegar, and weddle them well together, and doe thereto a quantitie of ye flower, drie them fast.



## An Hospitall

fast togeather, and boyle them and make a plaister in a cloth and lay it to the soze, vse the drinke aforesaide, and the plaister, and it will helpe by Gods grace.

Good for the heart.

Saffron, Burrage, Muske, Cloues, Galingall, Putmegs, the red rose, Violets, Sugar, Makes best of all.

Ill for the heart.

Beanes, Pease, Leekes, Garlick, Onions, sadnesse, anger, dredd, too much trauell, to drinke colde water after trauell, and euill tidings.

A medicine for the passion at the heart, called

*Tremar cordis.*

Take the powder of Burrage flower, the powder of Putmegges, white Amber likewise in powder, the bone in a Stags heart, the powder of Sinamon, all these powders drinke luke warme with Beere, Ale, or Wine, euening and morning, and the partie greened shall finde ease. These thinges must be portioned by good aduise.

A medicine for a continuall head ache.

Take Betonie water, and take a cloth three or foure double, and but three fingers broad, wet it well in the Betonie water, and lay it to your forehead colde. Let the cloth beeing wet come round about the head, and tie it fast, and three or foure times thus doing, it will helpe thee, and when the cloth is dzyed wet it againe.

A medicine to cleanse or purge the head

¶ Take Bellitorie of Spaine, and chewe the roote in your mouth three daies at times, and it shall do away the ache and fasten the teeth in the gummies.

A medicine for the paine in the head.

¶ Take a Rose cake, cut it in length and breadth of the forehead, then take Rose water and Vinegar of like quantitie, as hot as you may suffer it, lay to thy forehead.

A medicine for the winde in the head.

¶ Take a handfull of flowers of Cammomell, and halfe a handfull of powder of Cummin, and mingle them together, and make two bagges of the breadth of your eares and laye them thereunto.



## for the diseased.

thereunto.

For the head ache.

Take the iuice of Kewe, and put it in the nosethills, for it getteth out the fleagme and cleseth the braine, the hearb sodden in wine doth the same.

For the Megrime or head ache.

Take foure or fve Nutmegs, and pare and slice them as you would pare and slice Ginger thinne, then make two little bagges of linnen cloth, of the length of your finger, and put in the Nutmegs, then take a quantitie of pure red Rose water, and lay your bags in the same water in a dish vpon a Chafingdishe of coles, and make them hot, and lay them to the temples of your head.

A medicine for the Megrime truly prooued.

Take halfe an ounce of Pepper, two Nutmegges, halfe a quarter of an ounce of Graines, one pinte of vinegar and a handfull of Rosemarie, and boyle altogether betwixt two platfers vpon a Chafingdish of coles, and then take a cloath, and put it ouer your head, and hold your head close ouer it till it be boiled well nere all away, and by Gods grace it helpeth.

For the Megrime.

Take fve leaued Grassie, and Mozell that is called S. Marie hearbe, euen portions of these two, and betony as much as of both the other, and beate all these in a mortar, and take the iuice of them, and put to the same iuice as much May Butter, as the quantitie of the iuice, and thereof make an oymnt, and annoynt therewith the patients browes when hee goeth to bed.

Another for the same.

Take bole Armonicke, Sanguis dragonis, and Terrasigillat, of each like quantitie, and beate them in powder, then to make a plaister, take flaxe and laye it vpon a russet paper, as broad as you will haue your plaister, and take the clere of an Egge, and lay it vpon the flaxe, then take the foresaide powder, and cast it on that side of the playster that shall lye next your head, and put one folde of russet paper, or else of linnen betweene your head and the medicine, or else it will cleaue  
verie



## An Hospitall

very soze to the haire of your head, and this medicine is sure and well pꝛooued.

A good medicine for the Megrime in the head.

Take Leather vnallomed, so broad as your sozehead, and in length from temple to temple, raise the same Leather, but not through, thereupon lay the Oyle of the white of an Egge, then take of the Apothicaries Sanguis Dragonis, beate it into powder, and scatter the same vpon the oyle thinlie, and this done lay it vpon the sozehead, not taking it away till it be ready to fall away of it selfe.

A medicine for the blacke Iaundis

Take Wheate strawe, and lay it abroad vpon a faire floure in a close house, and put in Cæse, and watch when they dung, and take it by whole, and with a knife scrape off the white that is about the dung, till you haue a quantitie thereof, then drie it in an oven, and make powder thereof, and drinke it morning and euening in ale warmed and that will cure both the blacke and yellowe Iaundis.

Another medicine for the blacke Iaundis.

Take the hearbe Ambros, Betony, Bugwort, of each of them a handfull, of Centurie halfe a handfull, and thre or foure Docke rootes cleane washed and scraped, and stampe all these together in a Morter till they be indifferent small beaten, then take Spicknell, Turmericke, and Galigarie, of each of them like quantitie, and stampe them likewise in a morter, then put the hearbs in a cleane linnen cloth by themselves, and the spices by themselves and tie them fast with strings, and hang them in a gallon or two of Ale when it is new and ready to be tunned, after thre or foure daies drinke enery morning next your hart a good draught thereof, and drinke nor eate nothing two or thre houres after, and do so likewise when you goe to bed, and no doubt by Gods grace it will helpe you.

For the blacke Iaundis, M. Anthony Cox prisoner.

Take the Gall of a Rauen and drie it, and grate it into powder, take a quantitie in a spoone, and temper the same with Beere or Ale together, and drinke it fasting in the morning.

A medi-



### for the diseased.

A medicine or drinke for him that is burst in the belly or coddles.

Take a knuckle of Ucale, a pottle of white Wine, halfe an ounce of Mace, halfe so many Dates, halfe a pound of Raisons of the Sunne, a handfull of Camfrey, a handfull of Polipodium alias ffeare of an Oke, a handfull of Sparoking, alias Knotwort, take all these and put them in an earthen pot, and set on a Kettle of water of five gallons, and set the earthen pottle in the water, and stoppe it with paste very close, and let the Kettle bee kept seething five or six houres with the earthen pot therein, and keepe the Kettle still full with other seething water, then take all these and beate them in a Morter, and straine it, and giue the patient of the liquour thereof both first and last.

For the tooth ache.

Take a pinte of white Wine, halfe a handfull of lavender cotton, and seethe them together till the Wine be halfe spent, then put into it halfe a spoonefull of Bay salt, then let it seeth a little, then take a spoonefull of the liquour and put it in that side that the paine is in, and keepe it in thy mouth, and then put another spoonefull in, so one after another, and it will helpe thee.

A good drinke to put out the small Poxe or Pimples.

Make a Posset of Ale with milke, and the curd being taken off, take red Fennell the quantitie of a spoonefull, and the same being sod together with the Ale, straine it and put thereto the quantitie of a Putmegge of fine Treacle, a quantitie of setwall and a quantitie of English Saffron, being well mingled together, and giue it the Patient to drinke warme.

A present remedie for an Ague.

Take two ounces of Bay salte, two ounces of white Frankensence, and a handfull of Smalage, beaten altogether and lay it to the wristes of your handes, and to the boughs of your armes, two houres before the fit doe come, proued.

For the same.

Take two or three cloves of Garlicke, and bruse them, and a peny-worth of Aqua vitæ, halfe a pinte of Ale, and seeth them together, and drinke it a little before the course or fitte



## An Hospitall

doo come, as hot as you may.

For the Collicke.

Take Cromell seede, Parslie seedes, and Anniseedes, of each two spoonesfulls, greene Fennell one handfull, one Parslie root, one Radish roote, of each as long as a finger, vnset Time one handfull, one handfull of Philopendula, and a handfull of Cheristones, wash all these and bruse them and stampe them very small, boile all these in two quartes of white Wine, in an earthen pot close, till a pinte be consumed, then let it run thzough a linnen cloth of it selfe, without straining, and drinke it morning and euening.

For the windy Collicke.

Take a quart of Ale clarified, two spoonesfulls of the flower of Liquorice, one spoonesfull of the flower of Anniseedes, halfe a spoonesfull of brused Fennell seedes, a little Time, and seeth them together till a pinte of the Ale be consumed, and so drinke it first and last.

For the Collicke and Stone.

Take a handfull of Auens, a handfull of Pellitorie of the wall, as much Camomell as will lye in the Palme of your hand, and a spoonesfull of Parslie seede, brused a little, make a Posset of renish wine, take off the curd, and boile all these together in the drinke till the substance be boyled out, then vse it morning and euening.

For a paine in the side that commeth of winde.

Take a handfull of Cummin seede, another of Anniseede, and two of Kew, and seeth all these together in running water from a pottle to a quarte, put to it halfe a pint of white Winegar, before it be colde, dip a sponge in it, and wring out the liquor somewhat, and lay it to the patients side as hot as he can suffer it, and when it beginneth to waxe cold, take a new.

To remoue a disease from the stomacke.

Drinke a quantitie of Dragon water, or water imperiall, mingled with Treacle or Metridatum.

For them that doo cast vp their meat, by reason of weaknesse of the stomacke.

Take the nether crust of browne bread, dype it well and leysurely



for the diseased.

leisurely at the fire, then steepe it in strong vinegar, a little while, take it out, and spread vpon it the powder of cloues, warine it againe, and tye it about the mouth of the stomacke, and the vomit shall cease.

A drinke for clenſing the stomacke, to be taken luke warme in the morning.

Take Slope, Rosemary, and Time, of each two croys, and put them in a pinte of Ale, with a pretie quantitie of Sugar, and let them boile till the strength is in them, then drinke thereof two houres beſore meate.

A drinke to auoide the ſleagme out of the stomacke, to make it eaſier to come vp, you may take of it a ſpoonefull or two continually when you neede.

Take eight ſpoonefulls of roſe water, ſoure ſpoonefulls of Conduit water, and two ſpoonefulls of white vinegar, halfe a quarter of white Sugar, boyle all theſe in a Bozringer vpon a Chafingdiſh of coles, and ſcumme it cleane, and then drinke it luke warme.

A remedy againſt the plague, ſent to the Lord Mayor of London, from King Henry the eight.

Take a handfull of Sage, a handfull of Hearbe-grace, a handfull of Elder leaues a handfull of redde bꝛamble leaues, ſtampe them all and ſtraine them thꝛough a fine cloth with a quart of white wine, and then take a quantitie of Ginger, and mingle them together, and ſo take a ſpoonefull of the ſame, and you ſhall be ſafe ſor ſoure and twenty daies, and ſo being nine times taken, ſhall bee ſufficient ſor all the whole yere by the grace of God. And if it be ſo that the partie be ſtricken with the plague beſore he hath drunke of this medicine, then take the water of Scabions a ſpoonefull, and water of Betonie a ſpoonefull, and a quantitie of fine Treacle, and put them altogether, and cauſe him to drinke it, and it ſhall put out all the venome. If it ſortune the botche to appeere, then take the leaues of Bꝛambles, Elder leaues, Muſtard ſeede, and ſtampe them altogether, and make a plaister thereof, and lay it to the ſore, and it ſhall drawe out the venome, and the partie ſhall be whole by the grace of God.



## An Hospitall

To cause one to sleepe.

Take a spoonefull of pure Rose-water, as much of vinegar, two spoonefulls of the oyle of Roses, halfe a handfull of Rose leaues made in powder, mingle them altogether, and take crums of leauened bread made of Wheate, and make a playster thereof, and lay it ouer the forehead and temples.

For a sore throte.

Take Cullumbines, and Sinckfoyle, and stamp them both together, and straine them with Milke, and drinke it verie warine.

For the Hickop.

Take oyle of Lyllics, and annoynt the sicke mans body sundry times.

For a Canker in the mouth.

Take a Flower deluce roote, walthe it, and slice it, and a few leaues of Pennyroyall, lay them in steepe in Conduit water, and so wash your mouth with the water.

For a Laske.

Take an Egge, and Aqua composita, and boyle it with the Egge till it be drye, then take Sinamon and Sugar, and eate with the Egge.

A medicine very precious called *Flos unguentum*, good for all manner of maladies, that is to wit, against all sores, and wounds, against all manner of impostumes in the head or bodie, against head ache, singing in the braine, or boiling in the hart, shrinking of Sinewes, it draweth out any thorn or broken bone, and al manner of ache out of the Lyuer, Splene or Lungs, it helpeth the Hemerodes, and is very good to make a sere cloth for all Goutes, aches, and pestilent botches, and therefore this treatise is worthilie called *Flos unguentum*.

Take Rosin and Per, of each halfe a pound, of Virginware and Frankensence, of each a quarter of a pound of Masticke an ounce, of harts sewet a quarter of a pound, a quarter of a pound of Campher, and two dragmes, melt that is to be melted, and pare that is to be pared, and serce it, boyle them

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## for the diseased.

ouer the fire, and straine them thzough a cloth into a pottle of white Wine, with all the other medicines together, then let it coole, till it be no hotter then blood warme, then put therunto a quantitie of Turpentine, euer stirring it vntill it be colde, but euer beware that your stuffe be no hotter then blood warm, when you put to your Turpentine, or els it marreth all your stuffe, and make it vp in roles, and keepe it to your vse, and when you will, occupie it plaister wise to your græse.

To make the blacke salve, that cureth all olde sores and Vlcers be they neuer so great, foule, and stinking

Take a gallon of stale Ale, being very strong, two handfuls of Woodbinde leaues, halfe a handfull of red saded Nettles, as much Colewortes, with the ragged leaues, halfe a pound of red Onions, halfe a pound of Garlicke pilled, a pound of vnset Leekes, a little dishfull or a handfull of the powder of a rotten Posse, of an Oke is best, let all these be stamped small in a Morter seuerally by themselves, put them into the Ale with halfe a pound of Koch Allom, then set them ouer a soft fire, and let them boyle till the one part or more bee boyled away, then let them stand thze or foure daies, but first straine them thzough a cleane Cloth, into a cleane vessell, then put to them halfe a pound of Waxe, halfe a pound of Rosin, halfe a pound of the Peruell that is græne, a quantity of Stone Hony, then set it ouer a soft fire againe, and let them boile till the one halfe be consumed, then put it into a cleane earthen pot, and stop it very close, and vse thereof when you haue occasion.

Prescriptions and rules, made by M. Doctor Good, to be obserued at the Bath.

**W**hen you come to Bath, after your iourney, rest and quiet your bodye for the space of a day or two, and see the fashion of the Bath, how and after what sort others that are there doe vse the same.

If it be not a faire cleere day, goe not into the open Bath, but rather vse the water in a Bathing vessell in your Chamber as many men doe.

The best times in the day to goe into the Bathes, is in the morning,



## An Hospitall

morning, an houre and a halfe after the Sun rising or there about, in the most quietest time, and when you shall feele your stomacke well and quiet, and that your meat is well digested, and haue rested well the night befoze, but befoze you goe into the Bath, you must walke an houre, or halfe an houre at the least in your Chamber or else where.

You must alwaies goe into the bath with an emptie stomacke, and as long as you are in it, except great necessitie require the contrarie, and then to take some little supping befoze your walking, or befoze you rise is not hurtfull, let your tarrying in the Bath be according as you may well abide it, but tarrye not too long in any wise at the first, although you may well abide, that your strength at no time may faile you.

You may tarry in the Crosse bath an houre and halfe at a time after the first bathing; and in the Kinges Bath you may tarrye after the first bathing, at one time halfe an houre, or thre quarters of an houre, but in any wise tarrye at no time vntill you be faint, or that your strength faile you.

And if at any time you be faint in the Bath, then you may drinke some Ale warmed with a toste, or any other supping, or greene Ginger, or if great neede be Aqua composita, Petradactum, the bignes of a Nut kernell at a time eyther by it selfe, or mixed with Ale or other Liquour.

As long as you are in any of the bathes, you must couer your head very well, that you take no colde thereof, for it is verie perrilous to take any colde on your head in the Bath, or in any other place during your bathing time.

When you come forth of any of the Bathes, see that you couer your selfe very well and drye of the water from your body with warme clothes, and then put on a warme sherte and a Mantle, or some other warme Colone, for taking of cold, and so goe straight way to your warmed bed, and sweat diligently, and after that you may sleepe a while, but you must not drinke any thing till dinner time, except you be very faint, and then you may take a little Sugar-candie or a few Raisons, or a little thyn broth, but small in quantitie to slake your thirst onely, because it is not good to drinke or eate by and by after the Bath,



## for the diseased.

Bath, untill you haue slept a while if you can.

After that you haue slept and sweat enough, and clearelie deliuered from the heate, that you had in the bath, and in your bed, then may you rise and walke a little, and so goe to your dinner, for by measurable walking, the euill vapours and windinesse of the stomacke, that are taken in the Bath be driven away, and utterly auoided.

After all this, then goe to your dinner, and eate of good meates, but not very much, that you may rise from the table with some appetite, so that you could eate moze if you would, and yet you must not eat too little for decaying of your strength.

Let your bread be of good swete Meale, and of one dayes baking or two at the most, and your meate well boiled or roasted, and especiallie let these be your meates, Mutton, Meele, Chickens, Rabbits, Capon, Pheasant, Partridge, or the like.

You may also eate fresh water fish, so it be not muddy, as Eeles and the like refraine all salt fish, as Ling, Haberdine, &c. auoide all fruite and raw hearbs, Sallet and the like.

Apparrell your body according to the coldnesse of the weather, and the temperature of the ayre, but in any wise take no colde.

And if you bath againe in the after noone, or at after dinner, then make a verie light dinner, as a couple of poached Egges, a Caldwle, or some other broth with a Chicken, and then after foure or five houres your dinner so taken, you may bath againe, and in any wise tarrie not so long in the bath as you did in forenoone.

You must at no time goe into the bath, except you haue bene at schole, either by nature or otherwise, and if by no means it will be of it selfe, then take a suppositary once in two dayes at the least wise.

For all manner of Wormes.

Take Groundsell, and Plantaine with the rootes, and stampe them and straine them with Malmesie, and warme it, and giue it the patient to drinke thre daies together: it will kill all manner of wormes, and if you haue an ague, it will also rid it by Gods grace.

A medi-



## An Hospitall

A medicine for the woormes in a Childe.

Take Aqua composita, that is made of hearbs, and wash the brest of the Childe, then take the powder of mirrh very fine beaten, and strew it vpon the brest of the childe after that it is washed, and laye a warme cloth to it, and let it lie foure and twentie houres.

For the Wormes.

If it fortune the Childe to auoide a woyme, as often times they do, then take that woyme and dry it, so that you make into powder, and giue it to the Childe to drinke in Ale or Moozte, and it shall kill the rest of the woormes or cause them to come forth aliue.

For him that hath drunke venome, and his belly be-  
ginneeth to swell or ake.

Take greene Kewe, wash it, stampe it and temper it with white wine, and giue it him to drinke.

To cleere the voyce.

Take Organy, Asop, Varts, tung, Clicompane, of Licorice, and of Fennell, and boile them together with cleane water, and so drinke it first and last.

A medicine for Tisick, and stopping in the brest,  
and to open the Pipes.

Take Parsly rootes, Fennell rootes, Succorie rootes, and take out the pith of them, and seeth them in white wine till they bee soft, seeth them with Juniper berries if you can get them, then straine it, when it is well sodden, put Delitoxie of Spaine to the wine, and let the sick drinke of it morning and euening eight dayes.

FINIS.







